



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Louisiana

All statistics are based on parental reports.

National %	State %	
14.8	17.2	Percent of children who are overweight
21.9	22.8	Age 10-11
14.4	17.2	Age 12-14
10.7	13.4	Age 15-17
22.4	22.9	0-99% Federal poverty level
19.0	18.3	100-199% Federal poverty level
13.7	15.5	200-399% Federal poverty level
9.1	15.2	400% Federal poverty level or more
18.1	19.4	Male
11.5	14.9	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	75.2	
78.2	86.2	Age 10-11
74.2	77.0	Age 12-14
63.3	65.2	Age 15-17
76.8	80.5	Male
65.6	69.7	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	56.0	
61.5	57.5	Age 10-11
61.6	56.8	Age 12-14
53.4	53.8	Age 15-17
62.1	62.0	Male
55.0	49.4	Female
72.9	73.8	Percent of children with at least one parent who exercises regularly